

# Short Workout Checklist

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- Get a Physical
  - Visit your doctor's office for a medical check-up.
  - Find out if there are any fitness activities you should avoid.
  - Have a basis for measuring your progress later on.
- Getting Started
  - Be sure to get instruction on the proper workout technique.
  - Make appointment with a personal trainer for introductory session.
  - Learn how to use the exercise equipment properly.
  - Get a heart rate monitor to stay within your target heart range.
- Workout
  - Always warm up first.
  - Use proper breathing techniques.
  - Begin your workout program with low to moderate activity.
  - Gradually increase the duration and intensity of your exercise sessions.
  - Include a variety of sports and exercises in your fitness routine.
  - Drink water before, during and after your exercise sessions.
  - If you experience severe pain or swelling during your exercise session, you immediately stop working out.
  - Always cool down by slowing down and stretching again at the end of your routine.
  - Schedule recovery days in order to make sure your body has ample time to rest.